



## Active Older Adults Group Fitness Punch Card Programs

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our offerings to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in the description below. Location: Dorothy Hart Community Center

### Group Fitness Punch Card Options and Fees:

30 Day Pass (Unlimited Classes) - \$40/\$45 (res/non-res)  
Flex 12 Punch Card - \$35/\$40 (residents/non-residents)  
Flex 8 Punch Card - \$30/\$35 (residents/non-residents)  
Drop in fee for any class \$5

Each time you attend a class, it is 1 punch. Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

### Strength, Tone and Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body including upper body, lower body, and abdominals through the use of free weights, flexibility ball, and exercise tubes. Instructor: Pam Wrobel, ACE & CPR Certified

**Mondays and Wednesdays**  
**6:00pm-6:50pm**

### Early Morning Sculpt and Tone

Start your day off with this early morning workout. This program includes a variety of exercises to include ballet, yoga and Pilates to strengthen, tone, and keep you flexible. You'll find you have more energy throughout the day and be glad you got out of bed in time to get in shape. Instructor: Pam Wrobel, ACE & CPR Certified

**Mondays, Wednesdays, Fridays**  
**8:10am-9:00am**

### Cardio and Strength Training for Active Older Adults

This unique strength training program is specifically geared toward the Active Older Adult. We combine low impact cardio elements, resistance training, along with cord condition floor work. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout!

Instructor: Teresa Powell, CPR Certified

**Tuesdays**  
**8:30am-9:20am and 1:00pm-1:50pm**  
**Thursdays**  
**1:00pm-1:50pm**

### Pilates for the Beginner to Intermediate Levels

Pilates is for all ages, genders and abilities! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abdominals, hips and thighs); assisting to realign the spine and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility. You will also learn to do Pilates exercises with props, such as small balls, large medicine balls, stretch bands, hand weights, Pilates rings and foam rollers. Instructor: Teresa Powell, CPR Certified

**Mondays, Wednesdays, Fridays**  
**11:30am-12:20pm**





# Fitness & Dance



## Isshinryu Karate

8yrs – Adult

This program is for adults and children alike to help develop coordination, muscle tone, and self confidence. The instructor does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids! Pre-registration required.

Location: Dorothy Hart Community Center

**Saturdays, 10:00am – 12:00pm**

**September 12 – October 17**

**November 7 – December 19 (No class November 28)**

**January – February 13**

**\$35/\$45 (residents/non-residents)**

## Junior Karate

5yrs – 7yrs

Our Junior Karate class is a great introduction into the world of martial arts for children. It is an excellent way to develop self confidence, balance, and discipline. Be sure to register early, class size is limited. Pre-registration required. Location: Dorothy Hart Community Center

**Saturdays, 9:00am – 10:00am**

**September 12 – October 17**

**November 7 – December 19 (No class November 28)**

**January – February 13**

**\$35/\$45 (residents/non-residents)**



## Fall Pickleball Tournament Showdown

Adults 50+

This tournament will offer active adults an opportunity to compete among other Pickleball players. Bracket fields will consist of Men's Doubles, Women's Doubles, and Mixed Doubles. Tournament play will feature a double elimination bracket. Registration will begin August 25 for interested players. Deadline to register is September 24, \$10 late registration fee. SPECIAL REGISTRATION FORM REQUIRED

Location: Kenmore/Memorial Park

**Saturday, 9:00am**

**October 10**

**\$20 per team**

## Oriental and Tribal Dance Class and Mixer

12yrs - Adult

The ancient art of "belly dance" is a natural and creative form for any age or body type. Each night includes "Intro - Practice - Dance": an Introduction of different moves; Practice combos and steps; then a follow-along Dance session. It's the easiest way to learn new moves! New dance combinations each week to exotic music and rhythms. The second half of class offers mixed level challenges featuring shimmies, layering, finger cymbals, props, and more! See FxbgBellydance on Facebook. Anyone can join! Exercise wear is recommended, slippers optional. Pre-registration required.

Location: Dorothy Hart Community Center.

**Wednesdays, 7:00 - 9:00pm**

**September 2, 9, 16, 23**

**October 7, 14, 21, 28**

**November 4, 18, 25 – December 2, 9, 16**

**January 6, 13, 20, 27**

**\$49/60 (residents/non-residents)**

**\$15/drop in**

## Tennis Lessons

These classes are perfect for all ages, beginners and intermediate levels alike. Classes will be organized by George Christoforatos and taught by certified teaching professionals and players Mr. Christoforatos uses to run his clinics. All classes will be held at the Kenmore Tennis Courts.

All classes are \$60 per student and pre-registration is required.



### 10 and Under Tennis - Ages 0yrs – 10yrs

#### Beginning/Intermediate (Red Ball/Orange Ball)

Basic instruction. The national programming format for USTA will be utilized for this class. This will be a fun class with drills and games developed specifically for 10 and under development programs.

**Mondays, 6:00pm – 7:00pm**  
**September 14 – October 19**

#### Advanced (Orange Ball/Green Dot Ball)

For those players who have mastered the basic strokes, and are interested in playing at a higher level. The national programming format for USTA will be utilized for this class. This will be a fun class with drills and games developed specifically for 10 and under development programs. Class will include dynamic warm-ups, quickness and agility movements; high level drills and minimal match play.

**Mondays, 7:00pm – 8:00pm**  
**September 14 – October 19**

### Ages 11yrs – 18yrs Tennis

#### Beginning/Intermediate

Basic instruction. Proper tennis technique will be emphasized. Basic strokes including Forehand, Backhand, Volleys, Overheads and Serve will be mastered. This course will include the dynamic warm-up, quickness and agility movements; hand toss drills with corrections, racquet fed drills and minimal live ball drills.

**Mondays, 7:00pm – 8:00pm**  
**September 14 – October 19**

#### Advanced

For players who have mastered the basic strokes and are interested in playing at a higher level. This class will include dynamic warm-ups, quickness and agility movements; high level tennis drills, and match play.

**Mondays, 7:00pm – 8:00pm**  
**September 14 – October 19**



### Adults Tennis - 18yrs and above

#### Beginning/Intermediate

Basic instruction. Proper tennis technique will be emphasized. Basic strokes including Forehand, Backhand, Volleys, Overheads and Serve will be mastered. This course will include the dynamic warm-up, quickness and agility movements; hand toss drills with corrections, racquet fed drills and minimal live ball drills.

**Tuesdays, 6:00pm – 7:00pm**  
**September 15 – October 20**

#### Advanced

for those players who have mastered the basic strokes and are interested in playing at a higher level. Class will include high level Singles and Doubles tennis drills, match play and a review of situational tennis. The class will be structured for those who are playing USTA team tennis or tournaments.

**Tuesdays, 7:00pm – 8:00pm**  
**September 15 – October 20**



MARINE CORPS  
HISTORIC  
HALF  
★ ★ ★ ★ ★

# Historic!

MAY 15, 2016 ∞ FREDERICKSBURG, VA  
REGISTRATION OPENS OCT. 21



organized by:  
**MEM 26.2**  
MARINE CORPS MARATHON

[WWW.MARINEMARATHON.COM](http://WWW.MARINEMARATHON.COM)

#RUNWITHTHEMARINES